

# Stepping Out RI



April 2008  
Volume 1, Issue 2

RI Injury Community Planning Group/Falls Injury Prevention Subcommittee



## Establish Your Own Walking Area

Here is a wonderful idea to encourage walking, and it is very low budget!

in feet (5280 feet = 1 mile) walked each day.

- Challenge walkers to start with a goal of 50 markers or 500 feet (1/10 mile) and increase the distance by 1/10 mile each week.

- Be creative! Develop routes/ "maps" in each building that include walking down the stairs to another floor, walking that hallway, and reaching the first floor as the end point (with distances posted along the way).

- When the weather is good, map outdoor distances or

existing walking paths.

- Find or become a team captain.
- Set geographic challenges (Walk to Kentucky!) and celebrate when the group reaches the goal.
- Walking is a great exercise for all ages – no one is too old to benefit!
- Walking improves mobility, reduces falls, lowers blood pressure, lowers sugar levels and reduces stress.
- Encourage all participants to talk to their doctors prior to initiating any new physical activity.

### In This Issue:

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Exercise of the Month -  
Plantar Flexion (Tiptoe Raise)



Install LED Nightlights to Improve Safety

About Our Organization

- Choose an uncluttered, well-lit hallway as a designated walking area, the longer the better!
- Post a marker at eye level on the wall, every ten feet. A silhouette of a foot or sneaker would work well.
- Encourage your participants to count "the feet." The number of markers you pass multiplied by ten, is the total distance

## Pedometer Tips

### **What is it?**

A Pedometer is a step counter and measures how far you walk.

### **Where can I find one?**

Walmart, Target and other stores.

### **What kind should I buy?**

Buy the simplest model that only counts steps -this is the easiest to use.

Get one that is easy to read with a secure clip and "leash" .

### **Where should I wear my pedometer?**

- At your waistline halfway between your side and your belly button
- Horizontal and parallel to the ground
- Don't let your pedometer plop into the toilet bowl!

## Exercise of the Month – Plantar Flexion (Tiptoe Raise)



**\*Always check with your healthcare provider before starting an exercise program.**

Plantar flexion, or tiptoe raises, strengthens ankle and calf muscles. Use ankle weights, if you are ready. Be sure to use a sturdy, secure chair or table.

1. Stand straight, feet flat on floor, holding onto a table or chair for balance.
2. Slowly stand on tiptoe, as high as possible.
3. Hold position for 1 second.
4. Slowly lower heels all the way back down. Pause.
5. Do the exercise 8 to 15 times.

6. Rest; then do another set of 8 to 15 repetitions.

Variations:

When you do your strength exercises, add these modifications as you progress:

Hold chair or table with one hand, then one fingertip, then no hands; then do exercise with eyes closed, if steady.

As you become stronger, do the exercise standing on one leg only, alternating legs for a total of 8 to 15 times on each leg. Rest; then do another set of 8 to 15 alternating repetitions.

## Install LED Nightlights to Improve Safety

Adding a nightlight is a low-cost means of preventing falls and injury.

LED nightlights consume only 10 % percent of the energy of incandescent lamps, and will cost only 25 cents a year to operate when used an

average of 10 hours a day.

Some models have sensors to turn on at dusk and off at dawn.

LEDs remain cool to the touch, and can work for years before they need to be changed.

LED nightlights are competitively priced with

standard nightlights, and can be found at most home improvement, value and even drugstores.

Persons who find it difficult to sleep with a nightlight on may find it much easier with an LED nightlight; it emits a soft sky blue glow.

# It's never too late to start exercising!

Did you know...



Research has shown that many people age 90 and older can more than double their strength in a short time through simple exercise?

Developed by Shalom Housing, Inc. under a grant from the Administration on Aging (AoA).



Rhode Island Department of Health  
Safe Rhode Island  
3 Capitol Hill Room 409  
Providence RI 02908



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## *About Our Organization*

The Rhode Island Falls Injury Prevention Subcommittee is a member of the Department of Health's Injury Community Planning Group. The committee's goal is to reduce the risk of falls and resulting injuries that keep older adults (65-85+) from living in the community. Our priority is to promote physical activity as a protective factor to prevent falls. Visit our website at:

<http://www.health.ri.gov/disease/saferi/index.php>

or call Germaine S. Dennaker at 222-1173 for more information.

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